

# ABSTRACT

An optical cable has a plurality of one-groove spacers 3 which are twisted in one direction around a central member 1. Anti-tensile elements 2 are arranged in the central portion of the central member 1. Each one-groove spacer having a single groove which is linear lengthwise and substantially square in cross section and holding a stack of a plurality of optical fiber ribbons 4. The inner width and the height of the side walls of the groove of the one-groove spacer are set greater than the diagonal length of the stack. Therefore, the transmission loss becomes reducible because the contact portions of the optical fiber ribbons with respect to the side walls of the grooves vary in the longitudinal direction, thus preventing a specific number of optical fibers from being continuously subjected to edgewise pressure.